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# CILT's Volunteer Vibes

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## Volunteer Program Update

We had a very successful Volunteer Orientation Workshop in April. We are very pleased and excited to welcome these fresh, new faces to CILT's team of volunteers. Please join me in welcoming the following people to CILT:

Haris Farid  
Elaine Stewart

Haris is currently doing some adult education courses as well as volunteering at the Sunny View Enrichment Summer Program, working with kids 5 to 12 years of age. In his free time, he enjoys playing electric wheelchair hockey, basketball and sledge hockey.

Elaine Stewart has worked at the Toronto District School Board Reference Library, as a student at University of Toronto Library and as a volunteer at the Textile Museum.



## Volunteer Appreciation 2012

Volunteer Appreciation 2012 was a very special event due to the fact that two of our volunteers have been volunteering with us for 10 years.

This year we wanted to show our volunteers how important they are to us by putting together a slideshow of pictures alongside music of past and present volunteers such as; board members, volunteers, and Founder Awards Recipients.

The boardroom was done up with streamers, banners, flowers. We had a catered lunch that followed with great speeches and cake. It was a great time had by all volunteers and staff.

So, in the spirit and celebration of volunteerism and of our volunteers, CILT staff would like to thank all our volunteers, past and present. Cheers!  
Thanks to:

DENZIL BARKER  
CRYSTAL BICKNELL  
MIRIAM CHONG  
MARY HENDERSON

CLAIRE HURST  
 CATHY LINE  
 BOBBI MOORE  
 ALNOOR NANJI  
 SUZETTE YEARWOOD  
 JON YU



## CILT's Volunteer Vibes

### How to Be a Flexible Volunteer for the Planet

By: Deborah Mitchell

<http://nonprofit.about.com/od/volunteers/a/flexiblevol.htmwindhhamilton>

*I*t's a common lament: there aren't enough hours in the day to do everything you want to do. At the same time, you truly want to help make this planet a better place for yourself and your children. But what can you do if you can't make specific time commitments because of your family, work, school, and personal obligations?

For today's busy adults, flexible volunteering is the answer. Conventional volunteer opportunities—those that require people to make time commitments—are perfect for some individuals, but many others find that although they want to volunteer to help curb global warming or preserve rapidly vanishing ecosystems, they cannot commit to a prescribed schedule or time to volunteer for an organization because of their lifestyle. That's where flexible volunteering comes in.

Do you frequently have 15 minutes or so to spare? Do you sometimes have a

free hour or two on the weekends? Would you like to make a positive impact on the environment? Then get ready to be a flexible volunteer for the planet.

1. **Adjust Your Definition.** The Merriam-Webster dictionary says that “voluntary” implies freedom and spontaneity of action, thus a flexible voluntary action is one that you can perform whenever you have some uncommitted time, not when someone expects you to be at a specific place at an appointed time.

Flexible volunteering also gives you the freedom to do activities that are not for a specific nonprofit. In fact, as a flexible volunteer, you may choose activities that are promoted by one organization and then select others that are not specific to any one group.

For example, you could volunteer to make phone calls to verify contact information for a local environmental group’s mailing list, but also voluntarily pick up trash that is negatively impacting the water fowl population at a nearby pond because you want to help and you have some spare time.

2. **Identify Your Time.** Do you spend 15 minutes waiting for the bus? Do

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you commute for an hour on the train? Do you have an occasional half hour free while dinner is cooking? Does your doctor or dentist keep you waiting for your appointments? Do you sometimes have unexpected free time when a class is cancelled?

Think about and identify possible slots of time that you could spend doing voluntary activities. If you have a cell phone and a few minutes while you’re on a train or waiting in line, that’s enough time to call your representative to voice your opinion or urge him or her to vote on an environmental issue.

3. **Choose Your Cause.** Do you want to reduce global warming? There are scores of actions you can take to address this problem and many take 15 minutes or less; for example, switch from regular bulbs to CFLs (compact fluorescent lamps), turn down the temperature on your water heater, write a letter or e-mail to your legislators about any environmental bills he or she may be supporting (or not supporting), or vow to use canvas bags instead of plastic or paper when you shop.

Do you have an hour or two to spare?

You could build a solar oven or start a compost pile (both are good family activities). Are you concerned about recycling? Learn where you can recycle all types of plastics, donate used cell phones, or ensure your tires are reused or recycled properly.

4. **Keep the Ideas Coming.** You're very busy, and you need to have your flexible volunteer ideas at your fingertips. A good place to start is [CharityGuide.org](http://CharityGuide.org), which not only lists many flexible volunteer opportunities but also links you to other environmentally active sites. You can also contact environmental groups individually, such as Environmental Defense or Stop Global Warming. Sign up to receive their e-mail newsletters, which often contain actionable ideas that you can follow up on whenever you have the time.

Another idea is to contact local nonprofits that pique your interest and tell them you are looking for a flexible volunteer opportunity. Can you help them update their mailing list from your home PC? Write an article for their newsletter? Be a part of their phone tree? Update their website?

5. **Vacation with Your Mother.** Mother

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Earth, that is. Vacations that include time spent volunteering for an environmental cause can be immensely rewarding. Literally hundreds of such opportunities await you. Whether you have a week or two or longer, you can choose a cause and a location anywhere in the world that meets your requirements. Would you like to help save the coral reefs? Preserve the rainforests? Help stop erosion on beaches? Promote sustainable agriculture? The world awaits your decision!

Deborah Mitchell is the Senior Editor of Environmental Protection for [Charityguide.org](http://Charityguide.org).

You can learn more about flexible volunteer opportunities that can help preserve the integrity of the environment at Environmental Protection Volunteer Opportunities.



## Volunteer with Toronto Special Events

[http://www.toronto.ca/special\\_events/volunteer.htm](http://www.toronto.ca/special_events/volunteer.htm)

Volunteers with Toronto Special Events fill key positions at international award-winning festivals and events. They provide assistance with programming and logistical operations, and offer hospitality to diverse patrons.

As a Toronto Special Events Volunteer, you will:

- assist at some of Canada's leading festivals
- acquire new skills in event production
- experience the great feeling of helping your City of Toronto be a liveable city
- contribute to your City's well-being
- earn hours towards community service

To become a Toronto Special Events Volunteer, you will:

- attend a mandatory orientation and interview session to understand the festivals produced by Toronto Special Events and the roles open

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to volunteers

- attend a mandatory training session for your specific festival and event role

As an active Toronto Special Events Volunteer, you will:

- become part of an amazing network of enthusiastic individuals
- receive regular updates on Toronto Special Events activities
- receive recognition letters from the mayor and Toronto Special Events staff after each festival
- receive certificates of hours after each festival
- be eligible for recognition awards

How to volunteer -Are you...

- A resident of or visitor to the Greater Toronto Area?
- Interested in festivals and events?
- Age 16 or older?

Becoming a volunteer is as easy as 1, 2, 3!

- Read about the available volunteer positions to see if your skills, talents and interests match our team needs.
- Print the pdf application form and reference form and fill them in.

- Attend one of the mandatory orientation and interview sessions to become part of the team. Bring your three forms and resume!

For more information call Fiona Lucas, Coordinator of Volunteer Management at 416 392-9315 or email [spevvol@toronto.ca](mailto:spevvol@toronto.ca)

## Common Trends Among Today's Volunteers

[http://volunteer.ca/files/fact\\_sheet\\_families\\_eng\\_final.pdf](http://volunteer.ca/files/fact_sheet_families_eng_final.pdf)

The research from Volunteer Canada revealed the following trends, which apply broadly across the majority of today's volunteers, including employer supported volunteers:

1. Volunteering changes throughout our lifecycle, along with evolving priorities, circumstances and interests;
2. Today's volunteers are more goal oriented, autonomous, tech-savvy and mobile;
3. Volunteering is a two way relationship that needs to meet the goals of the volunteer and the organization;
4. Volunteering is personal and stems from individual preferences and motivations;

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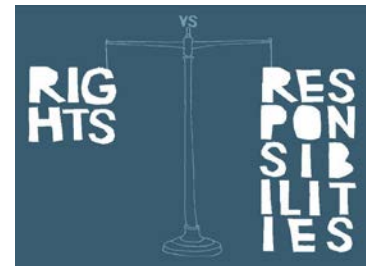
5. Volunteering is a way to transfer and develop skills by gaining or sharing experiences;
6. Volunteering in groups appeals to all ages for social and business networking; and
7. Finding satisfying volunteering is not easy for everyone.

## Volunteer Rights and Responsibilities

<http://www.volunteermbc.org/Resources/Volunteer-Rights-and-Responsibilities.pdf>

A Volunteer has the right to:

- Be properly interviewed, selected, and be provided with a position description;
- Be provided with information on the organization's mission, policies, structures, and funding;
- Be assigned tasks and duties that are worthwhile and challenging, with the freedom to
- use existing skills and to develop new ones;
- Be provided with proper orientation and ongoing training;
- Receive sound guidance and





direction from someone who is experienced, willing, and who has the time to invest;

- Be treated with dignity and respect as a co-worker;
- Have a chance to offer suggestions and to be heard;
- Have personal information kept confidential;
- Be provided with regular feedback and evaluation of her/his performance;
- Work in a safe environment and refuse any task that she/he feels unsafe;
- Be covered by organizational insurance while performing volunteer duties;
- To be reimbursed for out of pocket expenses where appropriate;
- Be appropriately recognized for a job well done.

A Volunteer has the responsibility to:

- Accept a volunteer position that she/he believes in an that will meet her/his interests and available time;
- Ensure she/he understands the organization's policies, structures, and mission;
- Act with professionalism, respect, and integrity when dealing with individuals and agencies;
- Consult with the supervisor when

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unclear on policy, appropriate action, or directions given;

- Acknowledge the need for training and evaluation by participating fully in each process;
- Accept advice and direction from the supervisor;
- Work as a member of the team;
- Share ideas, enthusiasm, feedback, and suggestions;
- Respect and uphold confidentiality;
- Keep abreast of organizational changes;
- Inform the supervisor promptly if she/he cannot come to volunteer;
- Refuse gifts or tips from the recipients of the services provided by the organization she/he is volunteering with.

### Disability Awareness Corner: Bell's Palsy - Facts and Information

Information provided by Thomas C. Weiss <http://www.disabled-world.com/disability/types/bells-palsy.php#ixzz1zkj8pkf5>

**B**ell's Palsy may also develop over a period of days. Because of the time period that it takes, rather quickly, people may think that they are experiencing a stroke, something that happens when a blood

vessel in their brain becomes clogged or bursts.

### Defining Bell's Palsy

Bell's Palsy is a type of facial paralysis that is temporary in nature and is the result of either trauma or damage to one or two of a person's facial nerves. Bell's Palsy is the most common cause of facial paralysis, and affects only one of the paired facial nerves on one side of a person's face. In rare cases, it may affect both sides. The symptoms of Bell's Palsy commonly start quickly, reaching a peak within forty-eight hours, and range in severity from mild weakness to complete paralysis that can include weakness, twitching, or paralysis. A person may experience drooping in relation to their mouth or eyelid, a dry mouth or eye or tearing of their eye, or an impairment of their taste. One of the most common things that Bell's Palsy causes is a significant facial distortion. The majority of scientists are of the belief that a viral infection such as the common cold sore virus or viral meningitis cause Bell's Palsy when the person who is affected experiences a swelling of their facial nerve out of a reaction to the virus.



Bell's Palsy may also develop over a period of days. Because of the time period that it takes, rather quickly, people

may think that they are experiencing a stroke, something that happens when a blood vessel in their brain becomes clogged or bursts. Similar to Bell's Palsy, a stroke can paralyze someone's face, but Bell's Palsy is caused by nerve trouble; it is not as serious as a stroke. While Bell's Palsy may be frightening, it commonly does not last as long and disappears with treatment.

Sir Charles Bell was a Scottish doctor who studied the facial nerves that direct a person's facial movements; Bell's Palsy is named after him. People have one facial nerve for each side of their face; the nerves send messages from the brain to the face. These messages control the forehead, the muscles of the person's face, as well as the neck. A person's facial nerves control the expressions they make, from raising their eyebrows, to smiling, or squeezing their eyes shut. Each of their facial nerves starts in their brain, goes through their skull via a thin tube of bone, and exits their skull behind their ear. The nerve then splits into smaller branches of nerves which attach to the person's muscles in their ear, neck, and face. Additional, smaller nerve branches then run to the person's glands which produce saliva, tears, and to the front of their tongue.

When a person's facial nerve becomes infected or is damaged, the nerve swells and presses against the inside of the thin tube of bone mentioned earlier. The nerve then becomes compressed and unable to adequately



send signals to the person's muscles in their face, salivary glands, or tongue. The problem paralyzes their face, producing the condition known as Bell's Palsy.

### **Causes of Bell's Palsy**

The majority of doctors believe that Bell's Palsy may be caused by anything that irritates a person's facial nerve. At times the cause is unknown, although most of the time a virus is the cause of the condition. Lyme disease, particularly among children and adolescents who live in wooded areas, is another cause of Bell's Palsy. A few women develop the condition while they are pregnant. Additional causes of Bell's Palsy may include:

- Diabetes
- ear infections
- the flu or a bad cold
- injury, like getting hit really hard in the face
- the virus that causes cold sores, herpes simplex

Approximately forty-thousand people in America develop Bell's Palsy every year. There is no certain means of preventing the condition, although regular hand washing is a good preventative measure because it can prevent the transmission of viruses.

### **Symptoms of Bell's Palsy**

The symptoms of Bell's Palsy can appear all at the same time and at once, or they may appear one at a time and over a period of a few days. The symptoms of the condition commonly peak within a few days. Once the symptoms have peaked, the person with the condition will usually improve within a couple of weeks. The symptoms of Bell's Palsy can include:

- headache
- dryness in one eye
- trouble closing one eye
- half of the face drooping
- pain behind or in front of one ear
- hearing sounds louder in one ear
- difficulty speaking, eating, or drinking
- loss of taste at affected parts of the tongue
- changes in the amount of saliva in the mouth
- twitching, weakness, or stiffness on one side of the face

### **Diagnosing Bell's Palsy**

Many times a doctor can diagnose Bell's Palsy simply by looking at the person because their face has a certain appearance. In order to be certain, the doctor may perform tests such as an MRI or a CT scan, to be sure that there are no other causes of the facial weakness the

person is experiencing. A neurologist may perform an electromyography (EMG) to show how well the person's facial muscles are receiving signals from their facial nerve, or other testing to look for nerve damage.

### **Treatment of Bell's Palsy**

At this time there is no known cure or standard course of treatment for the condition. Treatment for Bell's Palsy involves elimination of the source of nerve damage. Some cases of Bell's Palsy are mild and do not require treatment because the symptoms the persons is experiencing subside on their own within a couple of weeks. Other cases require treatment with medications such as acyclovir, a medication that is used to fight viral infections. The medication is used in combination with anti-inflammatory medications such as prednisone in order to reduce both swelling and inflammation. Analgesic medications like acetaminophen, aspirin, or ibuprofen can ease pain, yet can also cause potential drug interactions. Decompression surgery for Bell's Palsy to relieve pressure on the nerve causing the condition is something that is controversial and is rarely recommended.

The facial nerve repairs itself the majority of the time, and doctors commonly just assist the person to deal with any symptoms they are experiencing until they improve. Very rarely does a

doctor perform surgery for Bell's Palsy. The majority of the time a doctor will simply prescribe medications as needed to reduce swelling or fight the virus causing the condition in order to speed up the person's recovery.

Massage is an option that people may pursue to keep their facial muscles pliant so they can heal more quickly once their facial nerve heals. A person with Bell's Palsy may choose to use an eye patch and eye drops for a period of time. Few people may experience ongoing issues with one eye, facial muscles, or their sinuses; the majority of people affected by the condition make a full recovery. The symptoms a person affected by Bell's Palsy experiences can disappear suddenly, or improve slowly each day.

## **CILT News**

### **CILT's Annual General Meeting 2012**

When: Thursday September 27<sup>th</sup> 2012

Where: 365 Bloor Street East, Suite 902  
(Bloor and Sherbourne)

Time: 5 p.m. Registration  
6 p.m. – 8 p.m.

## Independent Living and Attendant Services: Access Awareness Event- June 6, 2012

By Sandra Carpenter

CILT, in partnership with ARCH and the Law Society of Upper Canada presented the theme of this year's event: Independent Living and Attendant Services: Tools to Promote and Defend the Rights of Persons with Disabilities.

There were several panels crammed into a two hour agenda. The audience was young lawyers and law students with an interest in the topic, and people from the disability community.

First, John Mossa (CILT) did a bang-up job of presenting an Introduction to Attendant Services, which included the key principles of independent living, a description of attendant services and its principles and values. He then went on to outline the various delivery models that exist for attendant services such as Supportive Housing, Outreach, Transitional Programs and Direct Funding. Finally, he talked about the issues and challenges that arise.

Robert Lattanzio (ARCH) outlined key legal/human rights issues that arise in attendant services.

Second, Connie Laurin-Bowie (Inclusion International) and Christopher Lytle (Disability Rights Promotion International) presented on the CONVENTION ON THE RIGHTS OF PERSONS WITH DISABILITIES AS APPLIED TO ATTENDANT SERVICES. This panel, chaired by Karen R. Spector (ARCH), provided an introduction to CRPD, how Articles 19 and 20 relate to independent living and attendant services, and how the CRPD can be used as a tool to defend the rights of persons receiving attendant services and promote independent living.

A third panel explored the issue of DEALING WITH COMPETING RIGHTS WITHIN CONTEXT OF ATTENDANT SERVICES. It was Chaired by Ed Montigny (ARCH) and included Jeff Poirier (Ontario Human Rights Commission), John Mossa (CILT), Rabia Khedr (Diversity Worx) and Margot Fraser (former manager/service provider). They addressed questions such as what are competing rights and how do they arise. They also provided some examples of competing rights in attendant care such as gender or religious rights.

Mr. Poirier provided an introduction to Human Rights Commission's recent Policy on Competing Right and when the policy can be employed to resolve conflicts in context of Attendant Services.

Finally, there was of brief presentation from Edwin Greenfield of

the Mediation Services of the Ontario March of Dimes. The whole session was wrapped up by Ivana Petricone (Executive Director ARCH) and Sandra Carpenter (Executive Director CILT).

A reception followed with keynote speaker Scott Allardyce.

All in all, we were pleased to partner with ARCH in this event. CILT hopes to get funding from the City of Toronto to build on this work and to provide more educational workshops for consumers. If so, we hope for continued help from ARCH.

## New Direct Funding Team Member

The Direct Funding team at CILT has added a new position and staff member: Melissa Graham is the D F Community Facilitator for our



area. For the past couple of years Melissa has been involved in disability issues in Toronto; she previously lived and worked in Thunder Bay and London, Ont. She has planned events related to disability issues in Ontario and Alberta, and has been published in *Abilities* magazine. In her

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spare time, Melissa writes articles on disability and social justice issues, and enjoys exploring the city of Toronto.

## Safe Toronto Action Now Disability (STAND) Committee and Safety Ambassador Project

Safe Toronto Action Now Disability (STAND) Committee is a cross-disability group of Toronto Community Housing Corporation (TCHC) tenants with disabilities and community partners concerned about safety. Some of the STAND participants have come from the Safe Engaged Environments Disability (SEED) Project.

The STAND Committee has created the Safety Ambassador Project which is a one-year project from April 1, 2012 to March 31, 2013. The project is funded by TCHC Social Investment Fund. The Centre for Independent Living in Toronto (CILT) is the trustee.

The Safety Ambassador Project will recruit and train a small group of TCHC tenants who have an interest in disability and safety issues to become Safety Ambassadors. The Safety Ambassadors will raise disability and safety awareness through interactive presentations or workshops to TCHC

staff, first responders (i.e. police, fire, and ambulance workers), government, and other organizations dealing with safety issues. The presentations would allow for feedback and evaluations, so that the project could keep improving, learning and engaging.

For more information on STAND and the Safety Ambassador Project, please contact Samantha Abel, Centre for Independent Living in Toronto (CILT) at 416-599-2458 ext. 222, TTY: (416) 599-5077 or by email [samantha.abel@cilt.ca](mailto:samantha.abel@cilt.ca)

## Gateways to Breast Health- Tip Sheet for Women with Disabilities

*Breast cancer is the most common cancer in women. Know the facts about breast cancer and why you need to make screening a regular part of your health care.*

Women with disabilities are just as likely to be at risk for breast cancer as women without disabilities; the biggest risk factors are being a woman and aging.

Finding breast cancer early increases chances of survival.

Mammography can help find cancer early when it's most treatable.

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*As a woman living with a disability, you may face barriers including physical inaccessibility that make it difficult to get a quality mammogram and clinical exam. Here are some tips to make it easier:*

When scheduling a mammogram, ask the scheduling staff:

- Is there an accessible entrance and washroom?
- How do I prepare if I use a wheelchair or a scooter?
- Will there be someone there to assist with transfers or dressing? Can this be arranged or do I need to bring someone with me to assist?
- Can the machine be adjusted so I can remain seated?
- On average, how long is the mammogram appointment? Should I allow for more time?



Consider informing the scheduling staff if you might need support:

- Sitting upright with or without assistance
- Lifting and moving your arms

- Transferring from your chair/scooter
- Undress/dressing without assistance
- If you are a wheelchair user, come to the appointment in a chair with removable arms, if possible. If not, be prepared to be transferred. You may need to bring a support person to assist with dressing or moving to get close to the mammography machine.

When preparing for your mammogram, remember:

- Wear a blouse/shirt that opens in the front
- Wear a bra you can easily remove
- Do not wear deodorant or body powder
- Bring any toileting supplies with you
- Talk to your healthcare provider about any disability-related concerns
- Be prepared to book extra time for your appointment (perhaps 1 hour)
- Consider bringing an attendant if you need assistance with transfers, dressing and toileting.

## Top 10 Tips to Beat the Heat

[http://goodtimes.ndtv.com/News\\_Details.aspx?SubcatDetails=Features,787&cp](http://goodtimes.ndtv.com/News_Details.aspx?SubcatDetails=Features,787&cp)

1. Increase your water intake. 10-15 glasses of water will help you stay hydrated throughout the day. Include drinks like lassi and coconut water.
2. Make sure you wear loose and light coloured clothes. Dark coloured clothes absorb more heat. Stick to breathable fabrics like cotton and linen.
3. Include vegetable salads and whole grains in your meals and eat small meals at regular intervals. This will keep your body cool.
4. Eat fresh and juicy summer fruits like watermelon, melon, lichi and mangoes.
5. Exercise at a time when heat and humidity is at its lowest. Early morning is a good option to workout, but make sure to drink water after every 20 minutes of exercise.
6. Wear sunglasses with 100 per cent UV protection when you step out in the sun. A cap or a hat will also protect you from the harsh sunrays.
7. Shower at regular intervals to keep your body cool. Two or three showers on a hot summer day will leave you feeling fresh.



8. When at home avoid switching on bulbs as they increase the heat inside. Go for Compact Fluorescent Light bulbs - they reduce the heat and save electricity too.
9. Keep glucose or electoral water handy as they help in restoring all the minerals and salts required to regulate the body.
10. Avoid hot drinks like coffee and tea, say yes to ice-creams.

## The Heat Alert System in Toronto

<http://www.toronto.ca/health/professionals/healthalerts/index.htm>

*F*rom May 15 to September 30 of each year, Toronto Public Health staff monitors the Heat Health Alert System to determine when the Medical Officer of Health should declare a Heat or Extreme Heat Alert. Using spatial synoptic classification, the Heat Health Alert System compares forecast data to historical meteorological conditions which have in the past, lead to increased mortality in Toronto.

Forecast data includes weather conditions such as temperature, dew point, humidity, cloud cover, wind speed and direction. The system also considers the number of consecutive days oppressive conditions occurred.

Heat Alert is when forecast weather conditions suggest that the likelihood of a high level of mortality is between 25 and 50 percent greater than what would be expected on a typical day.

Extreme Heat Alert is when forecast weather conditions suggest that the likelihood of a high level of mortality is at least 50 percent greater than what would be expected on a typical day.

### What happens during a heat alert?

Once the Medical Officer of Health declares a Heat Alert, notification of key response partners, community agencies and the public is initiated. Hot weather response activities focus on protecting vulnerable groups at increased risk for heat related illness. Information on the response activities provided by the City and community partners during a Heat Alert is outlined in the City of Toronto Hot Weather Response Plan.

### What happens during an extreme heat alert?

In addition to the services provided during a Heat Alert, the City opens seven cooling centres when an Extreme Heat Alert is declared. Water and light snacks are available at the seven cooling centres.



 TORONTO

**During Extreme Heat Alerts**, the City opens the following Cooling Centres:

**Centennial Recreation Centre**

1967 Ellesmere Road 4401 Jane Street  
(Ellesmere west of Markham) (Jane north of Finch)

Open: 11 a.m. – 7 p.m.

**Driftwood Community Centre**

4401 Jane Street  
(Jane north of Finch)

Open: 11 a.m. – 7 p.m.

**East York Civic Centre**

850 Coxwell Avenue  
(Coxwell and Mortimer)

Open: 11 a.m. – 7 p.m.

**Etobicoke Olympium**

590 Rathburn Road  
(Rathburn west of Renforth)

Open: 11 a.m. – 7 p.m.

**McGregor Community Centre**

2231 Lawrence Avenue East  
(Lawrence east of Birchmount)

Open: 11 a.m.—7 p.m.

**Metro Hall**

55 John Street  
(John & King)

Open: 11 a.m. – 7 p.m.

**North York Civic Centre**

5100 Yonge Street  
(Yonge and Sheppard)

Open: 11 a.m. – 7 p.m.



*CILT's Volunteer Vibes* is a quarterly publication of the **Peer Support Program**. If you are interested in volunteering at C.I.L.T. please call Nancy to request a Volunteer Application Package.

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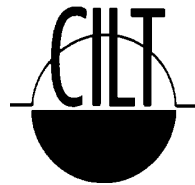
Website: [www.cilt.ca](http://www.cilt.ca)

**Volunteer Vibes** is also available on audiotape upon request.

Articles on products, agencies or services are for information only and are not meant as endorsements.

The opinions expressed in this newsletter are those of the contributors and may not reflect the views of CILT.

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**Canadian Association of  
Independent Living Centres**  
*Promoting a new perspective on disability*  
**Association canadienne des  
centres de vie autonome**  
*Voir au-delà du handicap*

CILT is a member of Independent Living Canada

Supported by a Toronto Community Service  
Grant, United Way and

Social Development Canada